

# OCT 1 - NOV 11

## 11K TRAINING SCHEDULE



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
9/28/20				30min STEADY	30min EZ	3-4 MI	REST
10/5/20	30min STEADY	20-30 XT	30min STEADY	20-30 XT	30min EZ	4-5 MI	REST
10/12/20	35min STEADY	20-30 XT	35min HILLS	20-30 XT	35min EZ	5-6 MI	REST
10/19/20	35min STEADY	20-30 XT	35min TEMPO	20-30 XT	35min EZ	6-7 MI	REST
10/26/20	40min STEADY	20-30 XT	40min SPEED	20-30 XT	40min EZ	7 MI	REST
11/2/20	40min STEADY	20-30 XT	40min SPEED	20-30 XT	40min EZ	4 MI	REST
11/9/20	15min EZ	REST	<b>11 KM</b>				

**RPE:** Rate of Perceived Exertion

**STEADY:** Conversational pace, (RPE = 6-7, you should still be able to speak sentences while running)

**XT:** Cross training (bike, swim, yoga, strength), RPE = 6-7

**EZ:** Super easy effort, RPE = 3-4 (\*optional run/walk or walk)

**HILLS:** Find a hill that takes 1-3 minutes to run up, and do 3-6 repeats with an easy jog down.

**TEMPO:** Halfway through the run, insert 2x(10-15min) at tempo pace (RPE = 7-8, you should still be able to talk but not complete sentences!), 5 minute EZ between

**SPEED:** Hit the track! Warm up for 10 minutes, then do 2x400m + 2x800m with 30-60 seconds rest in between. \*All repeats on the track should be done at a hard effort, RPE = 9-10. 5 min EZ walk do cool down.

